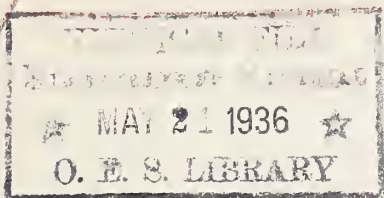


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SELF-HELP IDEAS
TRAIN CHILDREN
SAVE CLOTHING

Very small children will soon learn to dress themselves if their clothes are designed to make dressing easy. It is a matter of roomy cut, well located openings, and easily managed fastenings.

To begin with, the dress or suit must have fullness where it is needed to prevent tearing and for free activity. The places to check for sufficient fullness are across the chest and shoulders, at the bottom of girls' dresses, seats of trousers and panties. Raglan sleeves, stopping just above the bend of the elbow, allow unrestricted arm movements in climbing, and their roomy cut helps the child to put on the blouse or dress unassisted.

Long plackets or openings, whether down the front, at the neck, or on the side of trousers, greatly facilitate dressing. When the front placket is too short the child has difficulty in pulling on the garment. The neck opening should be long enough for the child to pull the garment over his head while putting his arms into the sleeves. For beginners the coat-style blouse or dress is much easier to manage than a garment that goes on over the head. An opening at the back of the neck is practically impossible for a child to fasten without aid.

(Self-help ideas train children,
save clothing.)

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The kind and location of the fastenings is equally important. Large, flat buttons, which the child's untrained fingers can find and handle, are good. There should be pliable buttonholes that fit the buttons, or firm crocheted loops. Children also like to work sliding metal fasteners. When the neckline is low in front the child can reach the top button easily. On boys' suits and other garments requiring buttons at the waist in back, two buttons, placed so as to divide the distance evenly between the side seams, are easier for the child to reach, and tear off less often than a button in the center of the back.

The fewer the trimming features to obstruct fastenings, the better. Instead of collars, flat simulated collars look well and are comfortable. Belts can be omitted, especially the kind that must be passed through loops. Pockets are one form of trimming which serve a useful purpose, as they add to the appearance and give the child a place for a handkerchief or other belongings. They should be placed so that the child's hand slips into them naturally.

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